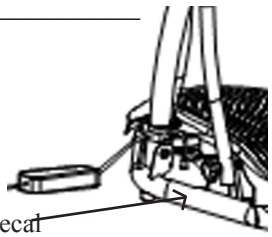
PRO-FORM Wellness

Model No. PFICVU26907.0
Serial No. _____



Serial Number decal

QUESTIONS ?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call: :

08457 089 009

or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ WARNING

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL

Please visit our website for more informations on the products

www.iconsupport.eu

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BEFORE YOU BEGIN

Congratulations for selecting the revolutionary PROFORM® WELLNESS vibration plateform. The vibration platform offers whole body vibration options that will make your workouts effective and enjoyable.

For your benefit, read this manual carefully before using the PROFORM® WELLNESS vibration platform. If you have questions after reading this manual, please see HOW TO CONTACT CUSTOMER CARE on back cover. To help us assist you, note your product model number and serial number before contacting us. The model number and serial number can be found on a decal attached to the vibration platform (see the front cover of this manual for the location of the decal).

IMPORTANT PRECAUTIONS

WARNING:

TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS AND INFORMATION BEFORE OPERATING THE VIBRATION PLATFORM.

1. It is the responsibility of the owner to ensure that all users of the vibration platform are adequately informed of all warnings and precautions.

2. Operate the vibration platform only as described in this manual.

3. Do not operate the vibration platform until it is properly assembled.

4. Keep the vibration platform indoors, away from moisture and dust. Do not place the vibration platform in a garage or covered patio, or near water.

5. Place the vibration platform on a level surface. To protect the floor or carpet from damage, place a mat beneath the vibration platform.

6. Regularly inspect and tighten all parts of the vibration platform.

7. Keep children under the age of 12 and pets away from the vibration platform at all times.

8. The vibration platform should not be used by persons weighing more than 130 kg.

9. Never allow more than one person on the vibration platform at a time.

10. Always wear appropriate exercise clothes and athletic shoes when operating the vibration platform. Do not wear loose clothes that could become caught on the vibration platform.

11. Keep your back straight when using the vibration platform; do not arch your back. When standing on the vibration platform, bend your knees slightly and balance your weight on the balls of your feet.

12. If you feel pain or dizziness while exercising, stop immediately and cool down.

13. The following is a list of factors and conditions that may make exercising on the vibration platform inadvisable (this list is not exhaustive; it is intended only for reference). If one or more factors or conditions apply to you, consult your physician before using the vibration platform.

- **Knee or hip implant**
- **Pacemaker**
- **Recently placed screws, pins, bolts, or spirals**
- **Acute hernia, discopathy, or spondylitis**
- **Serious heart or vascular disease**
- **Acute thrombosis**
- **Tumor**
- **Serious migraine**
- **Epilepsy**
- **Serious diabetes**
- **Recent wound due to operation**
- **Fresh inflammation**
- **Pregnancy**

14. It is recommended that you use the vibration platform no more than 15 minutes per day and no more than 3 times per week.

15. Be careful when stepping down from the vibration platform; your muscles will feel different after you exercise on the vibration platform.

16. When connecting the power cord, No other appliance should be on the same circuit as the vibration platform.

17. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.

18. Never leave the vibration platform unattended while it is running.

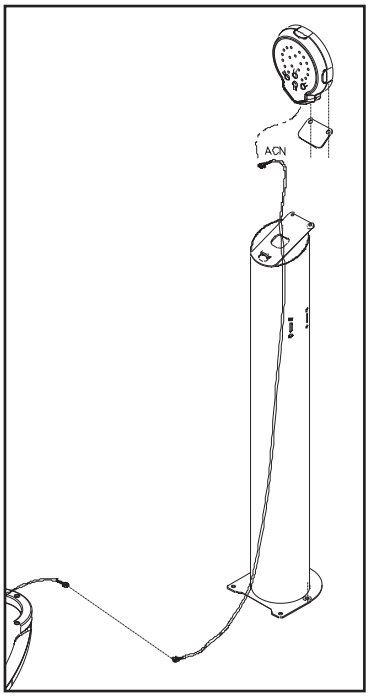
19. Never insert or drop any object into any opening on the vibration platform.

20.DANGER: Always unplug the power cord before cleaning the vibration platform and before performing the maintenance and adjustment procedures described in this manual. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

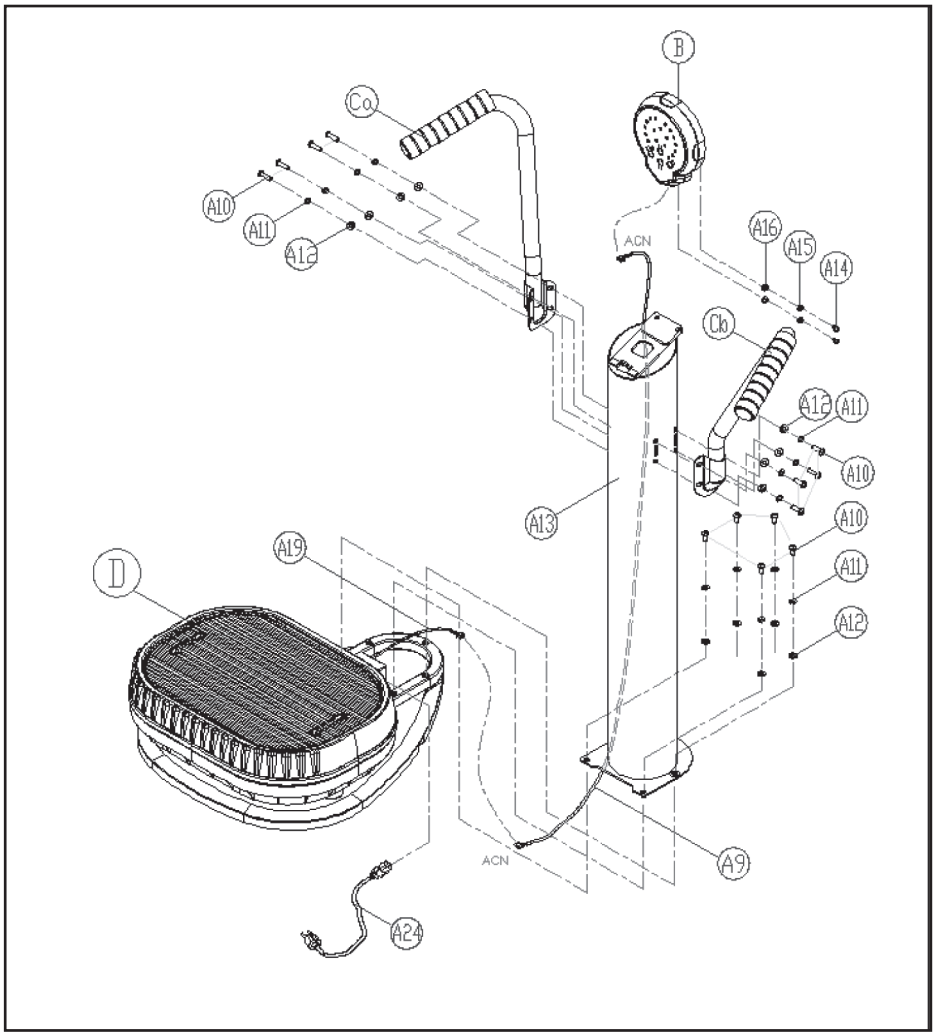
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

ASSEMBLY



1. Take out the parts and Insert the cable ABN into the upright A13.
Connect the cable to the base

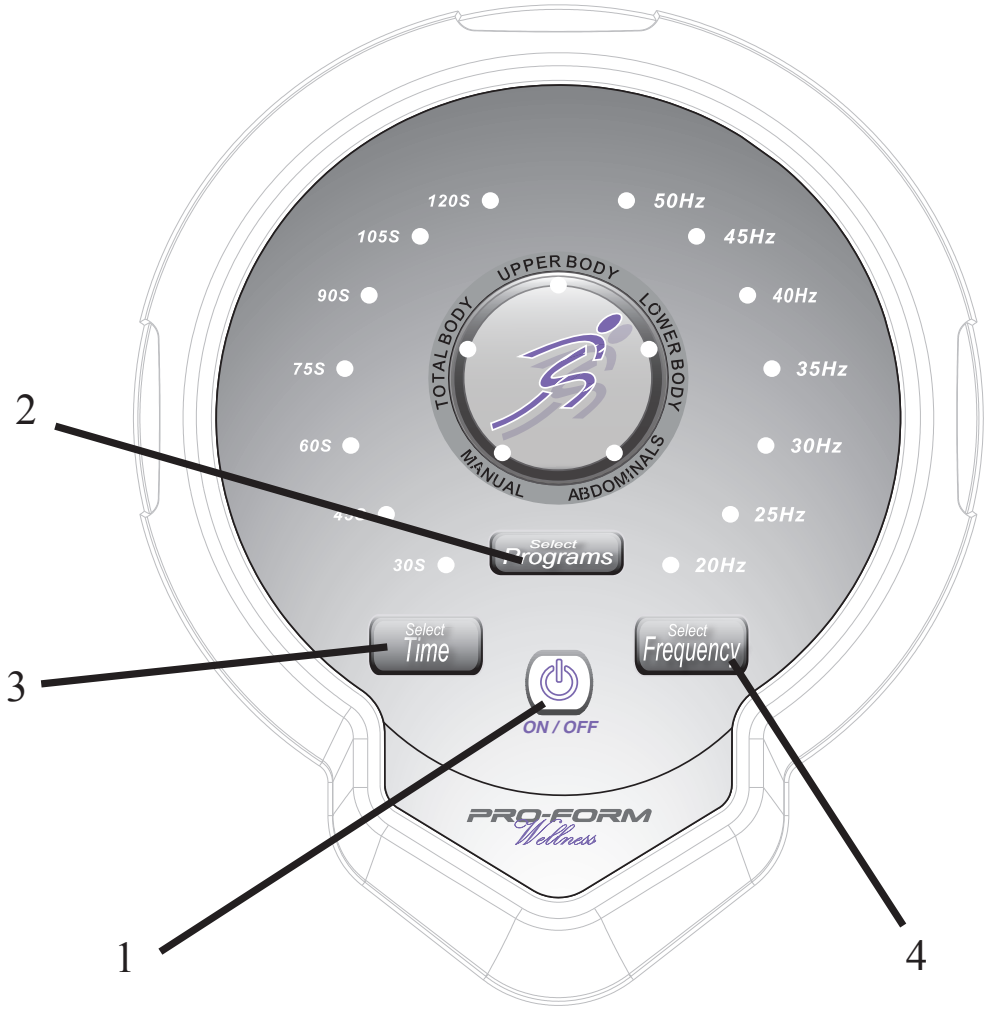


2. Assemble the upright to the base and assemble the handlebar to the upright

3. Plug-in the power cord to the socket. You can start to enjoy the ProForm Wellness now.

OPERATING INSTRUCTIONS

1. On/ Off : Start/stop the machine, reset the program.
2. Program mode: Preset modes: Total body, abdominal, Upper body, lower body.
3. Time : manual time setting
   - Time range: 30-120 seconds
   - Preset: 30 seconds
   - Increment: 15 seconds
4. Frequency : manual frequency setting



- Press On/Off button
- Select Program mode (Total body, Upper Body, Ower Body , Abdominal) or Manual program mode
- Exercise as describe on the poster and change position as explain on the DVD (DVD will be provide if you register the product, see warranty card).
- Press Stop to reset the program mode or use the manual mode

EXERCISES POSTER

Single Leg Squat

Calf Raise

Squat

Step Up / Step Down

Crunch Sit

Crunch with Twist

Leg Lift

Scissors Kicks

Calf Stretch

Hamstring Stretch

Groin Stretch

Shoulder Stretch

Calf Massage

Hamstring Massage

Quad Massage

I T band Massage

Bent Knee Press Up

Press Up

Tricep Dips

Biceps Curl

Front Raise

Lateral Side Raise

EXERCICES DETAILS

Calf raise

- Posture: place the feet in the middle of the plate and lift the heels. Knees slighty bent, the back is straight and the position is maintained while looking straight ahead. Tense abdomen.
- Affected area: tibialis and calves.

Squat (horseback riding position)

- Posture: place feet in the middle of the plate, shoulder width apart. The knees bend approximately 80 degree (the user should be able to see the toes and part of the feet). Back straight, maintain balance. Keep weight mostly on forefoot.
- Affect area: quadriceps, tibialis, and calves.

Single leg squat

- Posture: step on the plate with the main foot. Place other foot along side the Vibration machine next to it. One leg is held up as shown in the diagram (90 degree or more). Hold the handle bar to maintain a straight chest and back. Maintain balance, chin slightly tilted upward.
- Affected area: quadriceps.

Biceps curl

- Posture: step on the plate, hold the rope and maintain the tension of the arms. Bend the knees and the hip slightly. Maintain the back straight and the head is tilted upward.
- Affected area: trapezius, biceps, forearms, quadriceps, and tibialis

Lateral Side Raise

- Posture: hold the rope, and lift the arms slightly. The knees are bent 20~30 degree. Tension is placed on the hip and the abdomen.
- Affected area: trapezius, deltoids, tibialis, and calves.

Press Up

- Posture: place hands in the middle of the plate at shoulder width. Keep legs and knees straight. Bend elbows about 90 degree, and retract to the starting postion.
- Affected area: deltoid, pectorals, forearms, and triceps.

Triceps Dips

- Posture: place hands in the middle of the plate at shoulder width apart. The fingers point away from the user. Hold the feet near the machine, lift the heels, sustain the body with only the feet and the arms.
- Affected area: trapezius, deltoids, forearms, triceps and pectorals.

EXERCICES DETAILS

Crunch Sit

- Posture: place a small mat or towel on the plate and sit on the plate. Lift the legs (together and slightly bent), move upper body toward the knees as they come up (you could put feet on step at hip width).
- Affected area: abdominal.

Pelvis Stabilization

- Posture: place a mat on the floor. Place the toes on the plate, and keep feet together. Hold the body in a straight position.
- Affected area: abdominals.

Abdominal Bend

- Posture: Sit on the plate, both hands backward and hold the plate to maintain body balance. Legs bend up about 45degree angle.
- Affected area: abdominal.

Hip Massage

- Posture: Face to the machine. Put a mat or towel on the plate, sit on it and place each leg on either side of the machine. Hold the handlebar. Keep the back straight.
- Affected area: Gluteus Maximus

Shoulder Press

- Place both hands on the middle of the plate, shoulder width apart, with the fingers pointing away from the user. The feet are held near the machine, sustaining the body with only the feet and the arms.
- Affected area: Pectoralis Major.

Side Lunge

- Posture: keep the back straight and pressure is Place one foot on the middle of the plate, hold the handlebar and bend the knees approximately 60-90degree. Maintain the back straight. Balance is maintained in this position, chin slightly titled upward.
- Affected area: quadriceps.

Front Raise

- Posture: Place one foot on the middle of the plate, hold the handlebar and bend the knees slightly. Maintain the back straight. Balance is maintained in this position, chin slightly titled upward.
- Affected area: Lateral Deltoid

PROGRAMS DETAILS

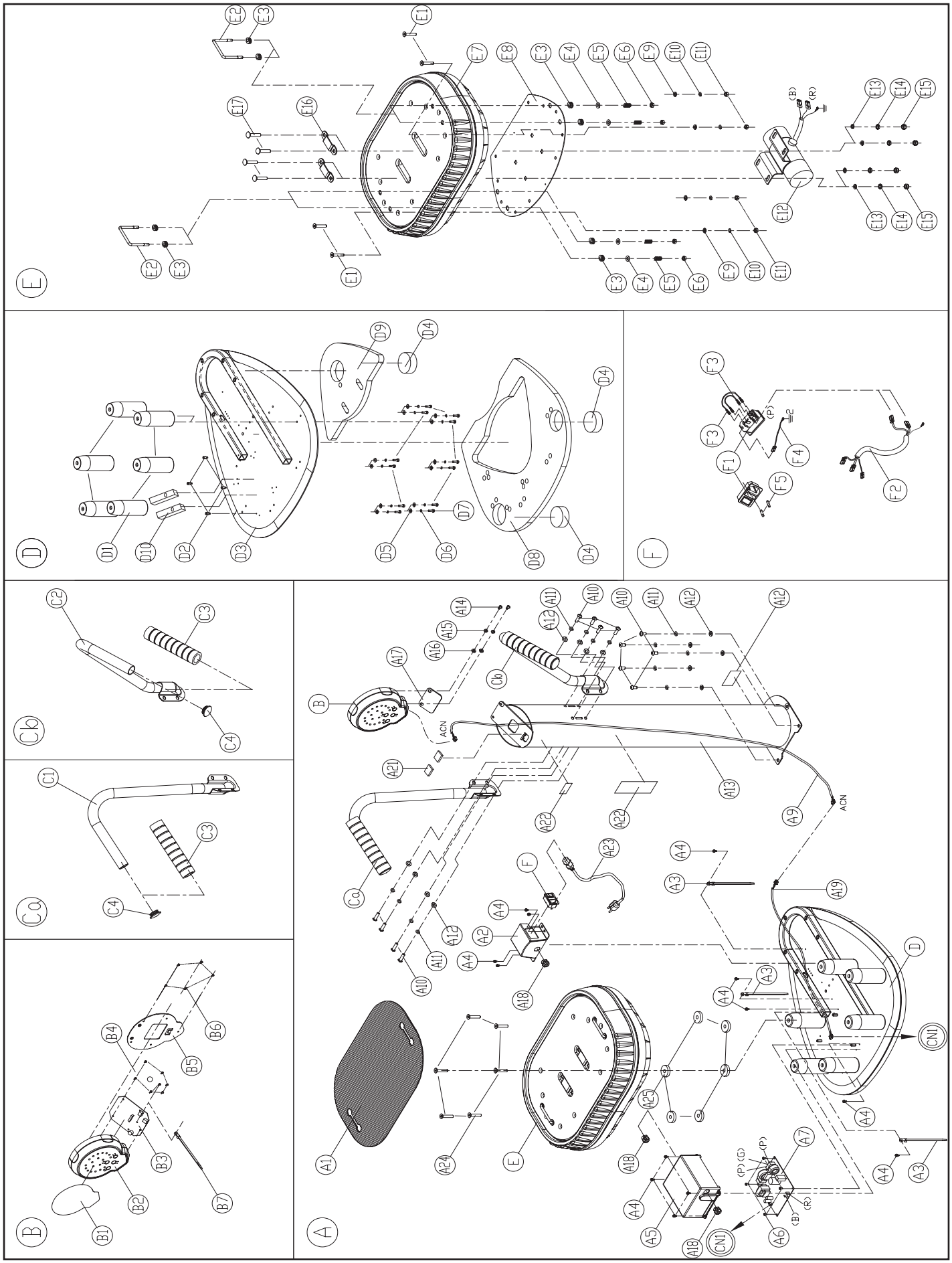
PROGRAM 1 – TOTAL BODY			
Motion	Active Time	Frequently	Rest Time
Calves	45 seconds	35 Hz	20 seconds
Single Leg Squat (L)	30 seconds	40Hz	20 seconds
Single Leg Squat (R)	30 seconds	40Hz	20 seconds
Lateral Side Raise	45 seconds	45Hz	20 seconds
Biceps Curl	45 seconds	45Hz	20 seconds
Crunch Sit	30 seconds	35Hz	20 seconds
Massage Calf	45 seconds	40Hz	20 seconds

PROGRAM 2 – UPPER BODY			
Motion	Active Time	Frequently	Rest Time
Front Raise	60 seconds	45 Hz	20 seconds
Biceps Curl	30 seconds	45 Hz	20 seconds
Lateral Side Raise	45 seconds	35 Hz	20 seconds
Press Up	30 seconds	35 Hz	20 seconds
Triceps Dip	30 seconds	35 Hz	20 seconds
Bent Knee press up	60 seconds	45 Hz	20 seconds
Stretch Schoulder	30 seconds	50 Hz	20 seconds

PROGRAM 3 – LOWER BODY			
Motion	Active Time	Frequently	Rest Time
Leg Calf Raise	60 seconds	35 Hz	20 seconds
Step-up Step-down (L)	30 seconds	40 Hz	20 seconds
Step-up Step-down (R)	30 seconds	40 Hz	20 seconds
Single leg Squat (L)	30 seconds	40 Hz	20 seconds
Single leg Squat (R)	30 seconds	40 Hz	20 seconds
Press Up	60 seconds	45 Hz	20 seconds
Strech Groin	45 seconds	40 Hz	20 seconds

PROGRAM 4 – ABDOMINALS			
Motion	Active Time	Frequently	Rest Time
Leg Calf Raise	45 seconds	35 Hz	20 seconds
Crunch Sit	30 seconds	40Hz	20 seconds
Crunch with Twist (R)	30 seconds	40Hz	20 seconds
Crunch with Twist (L)	45 seconds	45Hz	20 seconds
Leg Lift	45 seconds	45Hz	20 seconds
Scissors Kiks	30 seconds	35Hz	20 seconds
Massage Calf	45 seconds	40Hz	20 seconds

EXPLODED DIAGRAM



PART LIST

Key N°	Qty	Description
A1	1	Mat
A2	1	Switching Bracket
A3	3	Screw Mount Zip Tie 3.7x155
A4	13	Round Head Screw M4x0.7x10L
A5	1	Lower Control Cover
A6	4	Screw M4*0.7*8L
A7	1	Controller
A9	1	Upper Cable
A10	13	Allen bolt M8x1.25x16L
A11	13	Spring Washer SW8
A12	13	Flat Washer □8.2x□17x2t
A13	1	Stem Assy
A14	2	Flat Head Screw
A15	2	Spring Washer SW6
A16	2	Flat Washer M6(□6.5x□13x1t)
A17	1	Damper 80*55*3t
A18	3	Grommet Nylon
A19	1	Lower Wire Harness
A21	2	Damper 12x16x3t
A22	1	Logo Sticker
A23	1	Power Cord
A24	6	Round Head Screw M8*1.25*45L
A25	6	Rubber Spacer
B	1	Console
B1	1	Overlay
B2	1	Console upper cover
B3	1	PCB
B4	7	Self-Tapping Screw M3x10L
B5	1	Console Base
B6	5	Self-Tapping Screw M4x10L
B7	1	Screw Mount Zip Tie 100L M3
Ca	1	Left Hnadlebar Assembly
C1	1	Left Hnadlebar
Cb	1	Right Hnadlebar Assembly
C2	1	Right Hnadlebar
C3	2	Handlebar Grip

Key N°	Qty	Description
D	1	Base Assembly
D1	6	Rubber Shock Absorber
D2	4	Hexagonal Threaded Spacer
D3	1	Base
D4	3	Shock Abosorber Foot Pad
D5	12	Flat Washer M5(□5.5x□13x1t)
D6	12	Spring Washer SW5
D7	12	Allen bolt M5x0.8x15L
D8	1	Damper 19t
D9	1	Damper 19t
D10	2	Damper 140x20x0.7t
E	1	Standing Platform Assembly
E1	4	Round Head Screw M8x1.25x40L
E2	2	U-Hookhand 7.2*220L S15C
E3	8	U-Hook Cover
E4	4	Nylon Washer 8.2x18x2.0t
E5	4	Hook Spring □11x□0.8x25L
E6	4	Nylon Nut M8x1.25x11t
E7	1	Standing Platform
E8	1	Standing Plate
E9	4	Flat Washer □8.4x□17x2t
E10	4	Spring Washer SW8
E11	4	Hex Nut M8x1.25
E12	1	DC Motor
E13	4	Flat Washer □3/8”x□22x2t
E14	4	Hex Nut □3/8”x16T*7t
E15	4	Nylon Nut □3/8”x16T
E16	2	Bracket
E17	4	Carriage Bolt □3/8”x16Tx45L
F	1	Power Switch Assembly
F1	1	Power Switch
F2	1	Wire (1)
F3	2	Wire (2)
F4	1	Ground Wire AWG#14,150mm
F5	2	Fuse
G	2	Strap

ORDERING REPLACEMENT PARTS

To order replacements parts, please see the front cover of this manual for the contact informations. To help us assit you, be prepared to povide the following information when calling :

- Model number of the product (PFICVU26907.0)
- The Key number and description of the product of the desired part(s) (see the part list)
- The proove of purshase

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